Treatment: after being identified as having a stroke by doctors, there are many different treatments that can be done according to the situation.

* Injection of TPA directly into the blood clot that is causing the stroke
* Passing a special device from a blood vessel in the brain where the blood clot is trapped. The retriever captures clot and pulls it out of the body, which returns blood flow to the affected area
* Tissue plasminogen activator or TPA is injected into the bloodstream through an intravenous line. TPA travels in the blood until it reaches the clot that is causing the stroke. Once there it begins to break up the clot until blood can flow past it toward the affected areas.

Stroke Diet: avoid whole milk, Do not eat fatty cuts or meat, Do not eat chicken or meat with the skin still on, keep calories from all fats to less than 30 percent of your daily calorie intake, use low-fat or fat-free salad dressing, avoid sour cream and butter, avoid egg yolks and liver, eat more vegetables, fruits, and whole grains, cut back on meat and dairy products, cut back on salt, etc.

Stroke exercise: have a physical evaluation before beginning an exercise program, include weekly cardiovascular exercise, incorporate resistance training for major muscle groups, and train on core strength, balance and flexibility.

Stroke Medicine: no medicine available for a stroke

Role of Family Support Given: if you have a family to help you through this, they would need to help prevent wandering, make the home easier to use, bed and bathroom should be easy to reach, items such as throw rugs should be removed due to tripping, need to help with cooking, eating, bathing, showering, moving around the house or elsewhere, dressing and grooming, writing and using a computer, family counseling, help visit nurses or aides, etc.

<http://www.nlm.nih.gov/medlineplus/ency/article/007419.htm>

INTERESTING FACTS – American Indians and Alaska Natives are more likely to get a stroke than anyone else. They have a 5.8% chance of getting a stroke. African Americans have a 3.2% chance of getting a stroke, Whites have a 2.5% chance of getting a stroke, and Asians have a 2.4% chance of getting a stroke.

http://stroke.about.com/od/strokestatistics/a/StrokeStats.htm